SUMMER CHECKLIST

Help your student arrive on campus with the basic skills needed to start their college career off with confidence! Some things your student should know how to do:

- Laundry
- o Have information from their insurance about primary care and mental health providers in Seattle

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- o Fill a prescription
- o Fill out an insurance form
- o Put together a small first aid kit
- Set up an appointment with a professor/advisor
- o Cook a simple, healthy meal
- o Understand nutrition to make good choices in campus food selections
- o Make an airline/train reservation
- o Arrange a ride (light rail, Uber or Lyft, bus, taxi, etc.) between campus and the airport, train, etc.
- o Know their options for how to get out of uncomfortable or dangerous situations
- o Make it through TSA on their own
- o Manage/balance a budget, credit card

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